



Cooking Made Easy

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Mushroom Quesadillas

with Lemony Guacamole



This fiesta of flavors will satisfy your craving for Mexican, plus it's vegetarian, so everyone can enjoy! We added a squeeze of lemon and some zest to the guacamole to brighten it - feel free to add more or less, depending on how much zing you're looking for!



30 min



level 1



nut free



veggie



Flour Tortillas



Button Mushrooms



Avocado



Mozzarella Cheese



Tomato



Lemon



Garlic



Parsley

Ingredients		2 People	4 People
Flour Tortillas	1)	4	8
Button Mushrooms		8 oz	16 oz
Avocado		1	2
Parsley		1 bunch	2 bunches
Tomato		1	2
Lemon		1	2
Garlic		2 cloves	4 cloves
Mozzarella Cheese	2)	1 C	2 C
Butter*	2)	1 T	2 T

*Not Included

Allergens

- 1) Wheat
- 2) Milk

Tools

Large Pan, Small Bowl, Baking Sheet, Zester

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 583 cal | Carbs: 53 g | Fat: 33 g | Protein: 26 g | Fiber: 11 g



1 Preheat the oven to 200 degrees. Thinly slice the **mushrooms**. Mince the **garlic**. Chop the **parsley**. Finely dice the **tomato**. Zest and halve the **lemon**.



2 Heat a large pan over medium heat. Melt 1 tablespoon **butter** in the pan, then add the **mushrooms**. Cook, tossing, for 5-6 minutes, until golden. Add the **garlic** and a pinch of **parsley** and cook for another 30 seconds, until fragrant. Season with **salt** and **pepper**. Set aside.

3 Halve and pit the **avocado**. Scoop out the flesh into a small bowl with a spoon and mash with a fork. Add the **tomato**, 1 tablespoon **chopped parsley**, 1 teaspoon **lemon zest**, and a squeeze of **lemon juice**. Season with **salt** and **pepper** and set aside.



4 Wipe the pan clean and heat over medium-low. Place 1 **tortilla** in the pan, then top with a **sprinkle of cheese** and **¼ of the mushrooms** on one side of the tortilla. Top with another sprinkle of cheese and fold the tortilla over to seal it and allow cheese to melt.

5 Once golden brown, flip to crisp on the other side. Then, place the quesadilla on a baking sheet and put it in the oven to keep warm. Continue building the other quesadillas, transferring them to the oven as you finish.



6 Cut each **quesadilla** into wedges and serve with the **guacamole** to the side.